

Take Back the **BREAK** Challenge: Tracking Sheet

Can you take at least **ONE** break per day this month?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break	<input type="checkbox"/> Break <input type="checkbox"/> Break <input type="checkbox"/> Break

Instructions: Fill in the days of the week for this month. Then, check off the number of breaks you took each day!

1 break = 1-5 minutes up and out of your seat.